



# "A House Called Bountyfull" Thanksgiving Newsletter 2003

*"We have here only five loaves and two fish" Mt. 14:17*

Get real! Five loaves and two fish! What is that among so many?

This is possibly a brash way of looking at the time-honored sacred parable of Christ feeding the five thousand. Yet I can almost imagine these were the unspoken thoughts of the practical-minded apostles who had come right from the market place of their day to follow Christ.

It is so difficult today to look beyond the overwhelming reality of facts and figures. We have been taught that facts and figures do not lie. But facts and figures say nothing of feelings, of mystery, of love and the almost inexpressible joy of life.

In our day it is time we turned the tables around from the data-based, information-driven world that has no room for feeling, for compassion, for mercy or love. Unconsciously we get caught up in the overwhelming fact of statistics and the mounting tide of the problems that confront our world today.

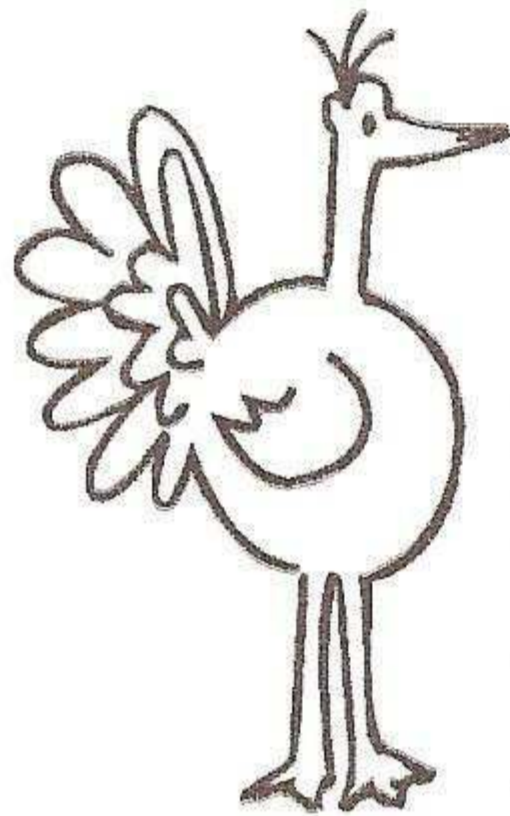
Over these past 18 years, we, at Bountyfull House, have not allowed ourselves to be deterred by the blatant evidence that surrounds us in the downtown east side of Vancouver, of the rising tide of drugs, alcohol and meaningless sex that devastates and destroys the delicate fine-tuned mystery of the human person. We do not directly fight or face drugs, alcohol or sex. Rather we help people to look beneath the surface of the pain and brokenness in their lives to discover the hidden mystery of the energy of the spirit of God, buried beneath the debris of years of pain and frantic searching for peace.

Often we have asked ourselves at Bountyfull: Who are we to stand in the face of the scourges of alcohol and drugs and dysfunctional behaviors for so many years? Many might rightly say to us, "Get real!" Yet we have learned to tap the mystery of the endless power of God in the lives of people whose hearts have been broken. We help people to discover for themselves that they must dig through that painful layer of brokenness to touch the life-giving energy of the healing power of God. We have helped over 8000 people to tap that hidden source within their own being with the faith and the trust in the God of their understanding. Just as he fed the five thousand with five loaves and two fishes, he still feeds countless numbers from his boundless mercy and love.

In the spirit of Thanksgiving we thank God for the gift that Bountyfull House has been in the lives of each one of us on staff, because it has deepened our faith in the presence of the inexhaustible gift of the energy of God to heal the brokenhearted, the lost and the lonely. As this troubled year of terror-filled anxiety draws to a close, I feel we are all challenged to come in touch with the gift of the energy of God within our own being. . . Let us not be disheartened by facts or figures. In a world filled with threats of terrorism may we be faithful instruments of peace.

*- Larry Mackey OMI  
Director*





## A Lesson from the turkey...

Turkeys and Thanksgiving go hand in hand.

For years, turkeys have been the symbol of Thanksgiving. From my earliest years, I learned from my Mom how to prepare the turkey. First we gut it, clean it, and then stuff it. After it is cooked, we take the stuffing out because if we don't, trouble begins! Without our realizing it, poison sets in.

I have heard it said: "Don't be such a turkey!" Commonly turkeys get bad press – are considered stupid. Are they? They can tell us something.

It occurred to me that we should look at turkeys and learn from them. In my daily work with people at Bountyfull (I am not referring to the clients as turkeys!) as I listen to people tell their story, it is as though they are cleaning their guts of all the pain of their lives, and the hurts they have stuffed in over the years. All this stuffed pain and hurt can unconsciously poison their system until they can no longer stand what is happening to them. The time comes when they need to act. Like the turkey, clean out the gut. Take out the stuffing. Free the inside of the buried pain that is poisoning the system. Then, unlike the cooked turkey, they can thankfully fly free!

Happy Thanksgiving. Enjoy the turkey!

- Pat



Dear Sister Monica,

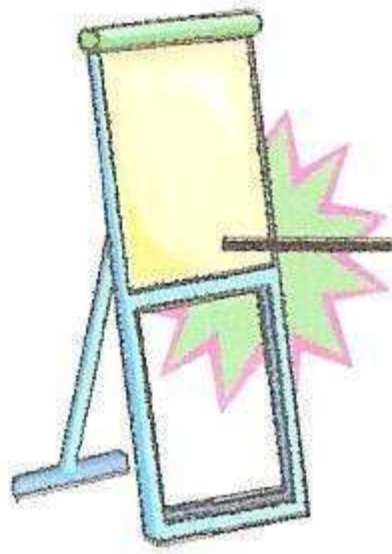
18 August 2003

Through shifting sands  
of spirit torn  
And tangled thoughts  
a mind sworn  
I walk with you  
this blessed morn  
And hear a heart cry  
of freedom born.

with loving gratitude  
Helena



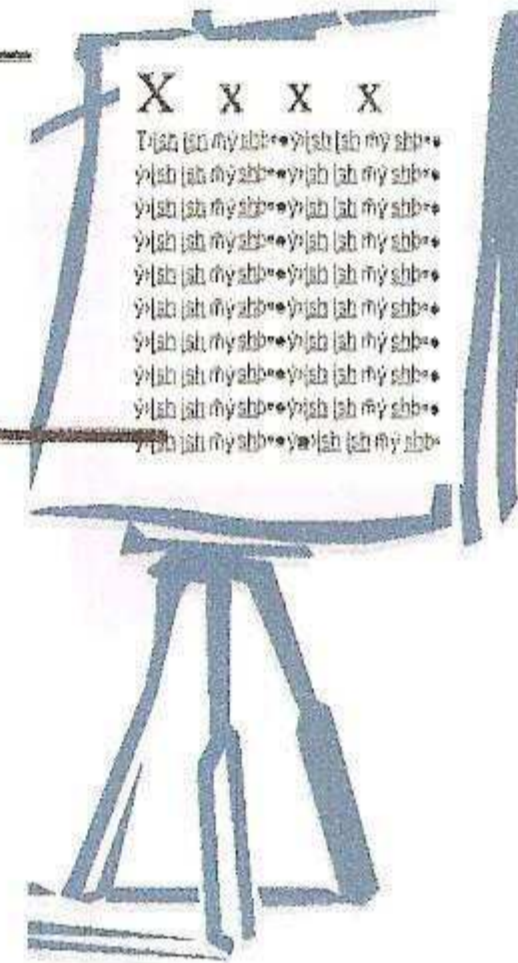
**From notes written on peoples' charts or in the mail...**



Lord I am blessed you brought one of your child into my life and became my brother and showed me how to heal the pain I have been in. Also now I am starting to live, not die, and to see the light which you have provided me with through him. I am feeling free and strong. Know I have love in me as I go our from here. And the Holy Spirit walks within and you beside me as I will call upon you again.

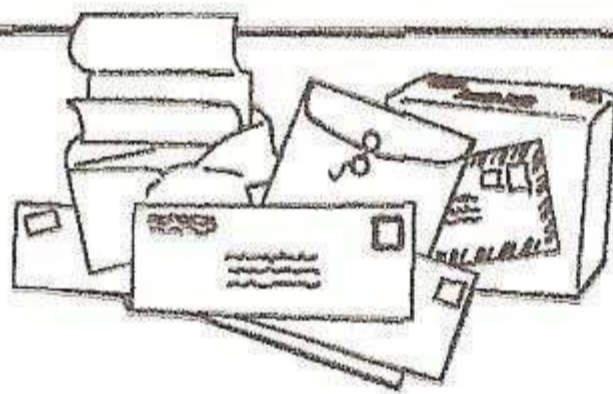
God bless. Thanks, Father Mackey, for helping me see the light to freedom. God's child, Ray

Makes me feel excited because I can help others through my story. I was originally addicted to Ridalin, then to crystal methamphetamines. Now I realize the root of my addiction was much deeper and it filled me with the excitement and the feeling of more, more, more. I am feeling alive. Age 23. Andrew



Dear Father Mackey,

I am incredibly grateful for the time you spent with me. My life has been getting better with each passing day. I've been clean for 8 and a half months now. First time ever! God bless you! You are an amazing man. Thank you. Love, E.



Bountyfull House is a safe place for me to be honest and take the time to address problems. It is

a deeply emotional experience which traces the roots of fears and blocks, and helps dispel them gradually. When the truth is revealed I know it because I feel a light sense of relief. Usually when I leave Bountyfull House it seems like the sky has opened up. Sometimes issues from that day's session will resurface in my dreams and new symbols will appear to shed even more light. Once the childhood root of an emotion or block is discovered, it can be dealt with in the present in an adult way. The process helps me understand and know myself better which gives me confidence in communication and in giving and attaining what I want out of life.

L.D



Greetings dear friends,

It is with great gratitude to God for you that I write. Since my meeting with Father Mackey I have lived with greater empowerment. I am standing tall. I am walking tall. I feel I am regaining a part of me which is very beautiful. I am learning that I have choices I was never aware of to make it possible for me to live freely. I have been able to feel the sadness I have carried since I was a boy. God is gently releasing me from this sadness. I know God doesn't look at me with contempt for what I have gone through. I truly am receiving grace and mercy in my time of need.

Thank you for your example of how He meets us with concern and empathy.

Humbly yours by grace in recovery,

RW

## A bit of history...

Last year, Greta Nelson and Brita Vesterback—unexpected guests from the past, arrived requesting a visit to Bountyfull, the house where they had lived as children. With their photos, stories and memories, they shared with us some of the history of this unique house...

In December, 1928, Brita, 8, Greta, 5, and their brother Gustav, 10, set out with their mother Ida, from Finland to meet their father Paul in Vancouver, Canada. They embarked on the SS Drottningholm, "...staunchly facing the uncertain future...", arrived in Halifax some time later and, that very day, boarded a CNR train for the trip across Canada. Their aunt Gerda who had come to Canada hoping to work as a nurse, was chambermaid at the Patricia Hotel on Hastings Street in Vancouver. Gerda '...opened her arms...' to that 'cold bewildered little group ... on that bright winter day.' Shortly afterward their father Paul opened 'Hembyggden' (home village), a café on Carrall Street, which served good Scandinavian food, and then the family moved into 530 Heatley Ave.



Greta writes in her book, Looking Back: "... It was beautiful to us, and comfortable. I recall tall daisy-like flowers growing across the front; to this day, when I pass a house on Burke street that grows similar flowers, I go back in time to the summers of 1929-30, see the weeds in the grass of the south yard, smell the tarry scent of covered sheds behind the house, and sense the deep shade of the maples in the Matsson's back yard next door."

### Letter from Greta Nelson, December 18, 2002

#### Bountyfull House!

... My sister Brita and I lived in that house from 1929 - 1931. when it was an ordinary residential house to which our Finnish/Swedish relatives came often as to a refuge from the difficulties of the move from Europe and the approaching Depression... We hold the House as a benevolent reminder of our parents Paul and Ida Vesterback and their struggles against deepening bad economic times. We like the idea that Bountyfull House still helps those in need... May 530 Heatley Avenue's light continue to shine for all those who need it.

**We are deeply grateful to all of you who have supported us at Bountyfull. We wish you many blessings. We appreciate hearing from you, and we invite any comments or feedback that you would like to share with us.**

**- From all of us at Bountyfull**

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### Bountyfull Mission Statement

At Bountyfull we commit ourselves to journey with people who have come to realize they are powerless and are ready and willing to seek help.

#### Steps in the Journey

1. We accept the person totally and non-judgmentally.
2. We listen to their life story and help them discover the hidden roots of their brokenness.
3. We help them identify and own the resultant dysfunctional behaviour.
4. We help them discover that the answer to healing their powerlessness lies within, through their loving acceptance of themselves and their whole life story.
5. They come to a spiritual awareness that they do not journey alone.
6. They touch the life-giving power within themselves.

